

Zemmy's story

Posted by ZemirosShabbos - 25 Oct 2010 17:37

Would like to formally introduce myself here, even though it is a little late in the game.

I am married with a couple of kids b"h. ever since i started working on computers i would periodically seek out p***. first with a dial-up connection, then later with hi-speed internet. for days i would zone out at work, doing the bare minimum, making sure no one saw my dark secret, and feeling all the time that i am probably the only one in my circle of people who has this terrible secret. i would feel bad and try to stop. especially on Yom Kippur i would decide to stop. usually it would last a few weeks but then i would fall back into it. years later i put in a filter and it helped a lot. but only my computer had a filter and even a filter is not fool-proof. i found things that got through the filter. i found opportunities to use other computers. i changed filters. i even shut off the filter at some points.

i found GYE in a round-about way, through a google search for a halacha. i slowly started reading more and more. then i put in k9 and gave the password to the filter gabai (what a zechus Guard and him have!). that helped a lot for the p***. almost a year ago i registered for the forum and posted a little here and there. someone on the forum reached out to me and we became partners (thank you!). that gave me a lot of chizuk. i feel that someone understands my struggle and i spilled the beans about my dark secret. i feel that if i fall ch'v i can holler out to my partner to come dig me out. that is a great feeling. like wearing a life-jacket on a boat or a parachute on a plane.

since Pesach i am clean. thanks to Hashem and to GYE. i realize that since i did not do the steps or join any phone groups the level of change to my attitudes are not too drastic. i think it is the awareness and constant chizuk provided by the forum and chizuk emails that account for whatever time i was able to stay out of trouble. at least i know that the resources for further change are available if ch'v needed in the future.

i cannot thank Guard enough for putting up this Migdal Oz of kedusha and for showing me and others the way to living clean lives. Same goes to Dov, Bardichev, yechida, Kedusha, Kaneshner (remember him?), ImTrying25, Kollel Guy, RageATM, Briut, Silentbattle, Tried123 and many many others, more recently Ovadia, 1Daat, Frumfiend the Star, Yosef Hatzadik, ur-a-jew, jooboy, world, an honest mouse, HashemsSoldier, JIP and more. Special thanks to 1daat for pushing me (gently) to make my own thread. i read a lot more than i post and every time anyone posts about a victory, a fall, a thought, a struggle it is a chizuk just to see others who struggle and sometimes win and sometimes not and keep on going trucking. of course the lessons learned from the veterans here are precious beyond words.

I am by no means out of the woods. i constantly struggle to keep my eyes off things that they should not see both on and off the computer and i know that the dangers of p*** will never go away. but with Hashem's help and with GYE i hope to be clean and slowly change my attitudes for the better.

i chose the name zemiros shabbos because to me shabbos is the day we celebrate our relationship with Hashem and zemiros are one of the most beautiful ways of bring out the spirit of shabbos. it reminds me of what i have at stake in the struggle.

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Re: Zemmy's story

Posted by Yosef Hatzadik - 06 Dec 2010 17:35

[ZemirosShabbos wrote on 05 Dec 2010 18:35:](#)

Chanukah is a great opportunity.

like every great opportunity it needs to be used correctly. we need to be vigilant. there is more leisure time. parties, schools being closed, traveling. we need to remember that lusting after anyone is a problem, regardless of if it's a relative or a friend. if i go to a party i need to find a seat that does not face the women. i need to make sure not to spend time in a shopping mall just taking in the scenery. keep asking for Hashem's help in staying out of trouble.

on a positive note: it is a very special mitzva done at home with the family in an atmosphere of warmth. an opportunity to fix our eyes upon the light of a mitzva and to cleanse our eyes to some extent of wrong images we may have viewed. a time for extra davening and singing. a time to connect with family and friends. a time where the light of kedusha descends to places where it normally doesn't reach and can uplift souls who have fallen very far. it's a story of how a small little flame can dispel the deep dark night

Between the jokes we find Great & Holy inspiration!

The jokes are only there *le'arvev ess haSoton!*

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Dec 2010 17:38

what jokes? ;D

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Re: Zemmy's story

Posted by desperate_teddybear - 06 Dec 2010 18:30

[ZemirosShabbos wrote on 06 Dec 2010 05:14:](#)

is the potato chips a positive thing or a negative thing?

in all my travels, i have never met a negative potato chip

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Re: Zemmy's story

Posted by ZemirosShabbos - 06 Dec 2010 18:36

gulliver, keep looking...

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Re: Zemmy's story

Posted by ZemirosShabbos - 08 Dec 2010 20:37

in hallel we say:

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sometimes a person can think that there is so much to do in order to be a good jew. 613 mitzvos and 7 derabanan and don't forget midos. where do we start?

the *gemara* in *Makos* says that Chavakuk established *emuna* as the foundation of all the mitzvos. *kol mitzvosecha emuna*. *emuna* means a lot more than 'belief'. *emuna* comes from the shorash 'ne'eman' which means trust and loyalty. so *emuna* in Hashem means trusting in Him and being loyal to Him and not creating foreign objects of worship, including yourself, lust, and any captivating obsession.

a person who believes in Hashem and recognizes that Hashem is constantly providing and protecting and customizing a life-experience just for you will be extremely grateful to Him. he will thank Him for everything and show his appreciation to Him.

the pasuk starts off *pischu lee shaarei* - plural, denoting that there seem to be many avenues of access to Hashem. *avo vam odeh kah*, once you enter you see that it all centers around acknowledging and appreciating Hashem, and you realize - *zeh hashaar lashem*, this is 'the' gate, in singular, this is the one gate to Hashem. as you progress you see - *odcha, belashon nochach*, talking directly to Hashem, *ki anisani*, you have 'responded' to me, directing and guiding my personal life-affairs, and not only that, but - *vat'hee lee lishua*, everything You have done for me is all for my true benefit.

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Re: Zemmy's story

Posted by frumfiend - 08 Dec 2010 21:36

Thank you zmiros for that beautifull vort.

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Re: Zemmy's story

Posted by 1daat - 08 Dec 2010 23:37

Beautiful. Makes me go quiet inside. much love, 1d

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Re: Zemmy's story

Posted by an honest mouse - 09 Dec 2010 11:47

Beautiful! you should start a bais hamedrash thread!

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Re: Zemmy's story

Posted by Yosef Hatzadik - 09 Dec 2010 17:38

[an honest mouse wrote on 09 Dec 2010 11:47:](#)

Beautiful! you should start a bais hamedrash thread!

Yes, do it!!!

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Dec 2010 20:39

how about if i just open a bais medrash (on a threadbare budget)?

free seats for the first ten people!

fish liquer after davening

zamboni rides on chol hamoed

loaner spudiks

Kedushas Levi by every seat

Dov will speak every shabbos mevorchim

shabbatons in Canada twice yearly at Bais Teddybear

we cross-honor coupons from Bardy's pub

anger management classes by Rage

drink-mixing by 7up

diplomacy by world

tzidkus by Yosef hatzadik

cat-and-mouse games by An Honest Mouse

target practice and marching band by HashemsSoldier

free yearly check-ups by Briut

astronomy by FTS

time-management by 1daat....

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Re: Zemmy's story

Posted by Yosef Hatzadik - 09 Dec 2010 20:52

Amolige tzeiten we had this on the Shteebel's bulletin board:

[Yosef Hatzadik wrote on 12 May 2010 17:04:](#)

Yeshivas Guard Your Eyes Faculty List

- **Rosh Yeshiva** = *Rabeinu Guard Shlita*
- **Mashgiach** = *Rebber Dov*
- **Rebbe & L'chaim Gabbai** = *The Rebbe R' Bardichev*
- **Rov** = *Rabbi Shmendrick*
- **Magid shiur** = *Horav Frumfriend*
- **Deli counter** = *Steve*
- **Super hero** = *Chazak Ameinu*
- **Reality check** = *Dr. Briut*
- **Scrabble wiz** = *Dov in Israel*
- **Reliable backbone** = *Silentbattle*
- **Everyone's favorite** = *Rage*
- **Scribe** = *Yechida*
- **First responder** = *Yiddle2*
- **Chaver ne'emon** = *JIP*
- **Spider hunters** = *Tried & Sturggle*
- **Ladies auxiliary** = *7up*
- **Nudnik** = *Yosef Hatzadik*

- **Top student** = *Every individual listed on the member page*

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Re: Zemmy's story

Posted by an honest mouse - 09 Dec 2010 21:19

[ZemirosShabbos wrote on 09 Dec 2010 20:39:](#)

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tzidkus by Yosef hatzadik

target practice and marching band by HashemsSoldier

free yearly check-ups by Briut

astronomy by FTS

time-management by 1daat....

i guess ill be in the 1st ten seats then...

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Re: Zemmy's story

Posted by ZemirosShabbos - 09 Dec 2010 21:23

i wasn't sure if a mouse can be counted, here is a chumash!

and with those ears you should get an aisle seat....

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Re: Zemmy's story

Posted by an honest mouse - 09 Dec 2010 21:41

its ok - when i daven i put them on my head and they become a kappel/yarmelka.

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